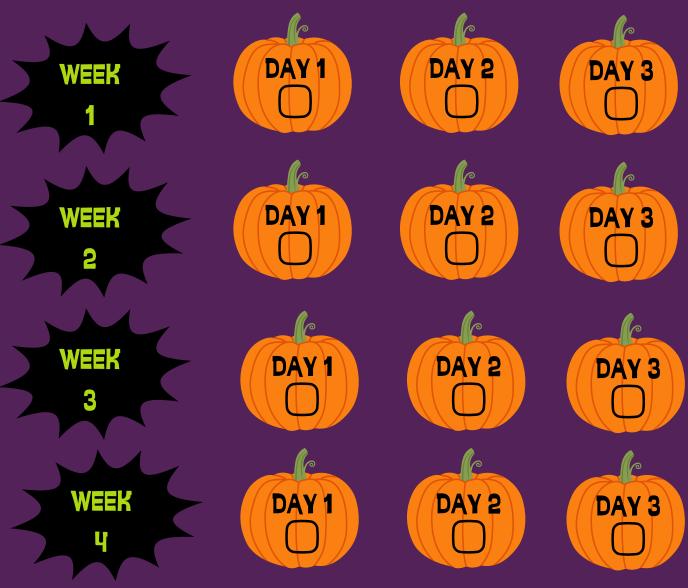
SPOCKY STRONG CHALLENGE

Complete a minimum of 240 minutes of strength training. (60 minutes/week split into a least 2-3 different days (20-30 mins/day))



NAME

DEPARTMENT: